



Let's Talk  
About...



## ENERGY BILLS

With the rise in energy costs over the last few years we know many households are worried about being able to afford to heat their home. You're not alone and help is available.

### Where can I get help?

**East Renfrewshire Council Money Advice and Rights Team**

Email: [mart@eastrenfrewshire.gov.uk](mailto:mart@eastrenfrewshire.gov.uk)

Telephone: 0141 577 8420

Website: [www.eastrenfrewshire.gov.uk/money-advice-and-rights](http://www.eastrenfrewshire.gov.uk/money-advice-and-rights)

**East Renfrewshire Citizens Advice Bureau**

Energy Adviser can be contacted on 0141 881 2032

**Home Energy Scotland**

Telephone: 0808 808 2282

Website: [www.homeenergyscotland.org](http://www.homeenergyscotland.org)

### We can help with...

- Bill arrears
- High bills/usage
- Disconnection from supply (if you are at risk of imminent disconnection or have already been disconnected)
- Setting up or renegotiating payments with your supplier(s)
- Access to emergency credit for prepayment meters
- Signing up to the Priority Services Register
- Referring to and applying for national support such as Home Energy Scotland, Fuel Bank Foundation and Home Heating Support.

# Top Tips



## Top tips for reducing energy

- Turn your thermostat down by one degree celsius- this could help to reduce your heating bills by up to 10%
- Move furniture away from radiators where possible- this allows air to circulate and your room should become warmer quicker
- Wash clothes at a lower temperature- reducing your washing temperature by a little as 10°C can help to reduce costs
- Close curtains at night - this helps to retain temperature in the room
- Switch off lights when no one is in the room - by remembering to do this you can help reduce your costs over the year
- Regularly defrost your fridge/freezer. Fridge/freezers can often use the highest amount of electricity in your kitchen. Regular defrosting keeps ice under control and allows it to run more efficiently
- Try to only wash a full load - whether it's the dishwasher or washing machine this will help to save your electricity costs.



**FOR FURTHER SUPPORT, VISIT:**

[www.easttrentweshire.gov.uk/cost-of-living-support](http://www.easttrentweshire.gov.uk/cost-of-living-support) or scan the QR code:

